

**ABSTRACT**

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[0107] A method for cooking food in a refrigerated oven comprising a cool cycle, bake cycle, and warm cycle. The cool cycle maintains the food placed in the refrigerated oven at a temperature suitable to prevent the spoiling of the food prior to the initiation of the bake cycle. The food is cooked during the bake cycle. The warm cycle maintains the cooked food at a temperature suitable for serving on removal from the cooking chamber. In optional cool cycle can precede the warm cycle.